

Milpitas Sports Center Class Descriptions

All fitness programs are open to high school students and up. Parent/Guardian must be on site during the entire workout. Classes and instructors subject to change without notice.

Intensity Level of Classes: *=Low **=Medium ***= High ****=All Levels

All Levels Yoga: Consists of fundamental yoga poses to promote perfect health, flexibility, stamina and strength. Pranayama, or breathing exercises, will be followed by exercises called Asanas and will conclude with deep relaxation. *

Back to Fitness and Fun: Intended to methodically get the participants into shape, as we come out of this pandemic, by starting with basics and gradually introducing more challenging moves. We will work with participants based on their fitness levels and make sure that there is visible improvement while keeping it fun and fulfilling!!! We will use weights and introduce other exercise aids as we progress. This class will include strength training of all body parts, some boxing and kicks, combined with squats and lunges, while accompanied by exciting music!

Feldenkrais: Helps increase your ease and range of motion while improving flexibility and coordination through a unique, gentle body centered learning process. ****

Fit For Fun: Intended as a low-impact total body conditioning class that is also geared towards improving the cardiovascular health. All muscles throughout the body will be targeted with goals of increasing flexibility, balance, and endurance. This class uses weights and mats to help improve strength and tone your body! ****

Fit for Life: Adapted for all ages and fitness levels. This fun and challenging workout improves the cardiovascular system as well as increase balance, strength and bone density. **

Fit Plus Fun Minus Pain: Intended to meet the needs of beginners while challenging the more advanced participants, with focus on strengthening and improving aerobic capacity while preventing injury with proper form. The goal is to hit all body parts for an overall fitness result. More importantly, to ensure that we come away happy and healthy! We will use weights (as appropriate) and mats. We will introduce new fitness aids as we progress. Three goals: fit, fun, and camaraderie!

Hatha Dynamic Yoga: Similar to Hatha Yoga, this class emphasizes the lengthening and stretching of muscles. ***

Hatha Yoga: Classic Yoga postures and movement with attention to proper alignment and breathing to help increase awareness, flexibility, balance, strength and relaxation for the body and mind. ****

Hot Hula: Inspired by the dance of the Pacific Islands, Hot Hula fitness provides a total body workout in 60 minutes. Core focused, easy to follow, for all fitness levels and no equipment needed! Hot Hula fitness incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music,

Interval Mix: Classes will include working with bars, weights, medicine balls, physio balls, sliders and anything else we can get our hands on with intervals of heart pumping moves! ****

Total Body Conditioning: This class will increase overall cardiovascular fitness, including muscle strength and cardio endurance. **

U-Jam Fitness: Dance your calories away! This fun and energetic class will not only give you a great workout, but will give a few new moves for the dance floor! ***

Water Exercise: Come join an upbeat, fun, and cardio filled water aerobics class! Every class consists of warm up, arms, legs, core and cool down/stretch time. This inclusive water class offers a full body work out and modifications to fit all levels. ****

Zumba: Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba classes feature exotic rhythms set to high energy Latin and international beats. You'll get fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating. **

Zumba Gold: The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating community-oriented dance fitness class that feels fresh, and most of all, exhilarating! Zumba Gold classes provide modified, low-impact moves for active older adults. ****